

## ABSTRACT

A warming article having a heat generating main body (4). The heat generating main body (4) is composed of a heat generating element (2) having water vapor generating capability and an air permeable holder (3) for holding the heat generating element (2). The heat generating main body (4) is configured to expand with heat generation of the heat generating element (2). The amount of water vapor generated from the warming article is preferably 1.0 to 100 mg/(cm<sup>2</sup>·10 min). The holder (3) preferably has a water vapor permeability of 1.5 to 10 kg/(m<sup>2</sup>·24 hr). The heat generating element (2) is preferably a sheet molded by papermaking and containing an oxidizable metal, a moisture-retaining agent, and a fibrous material.